

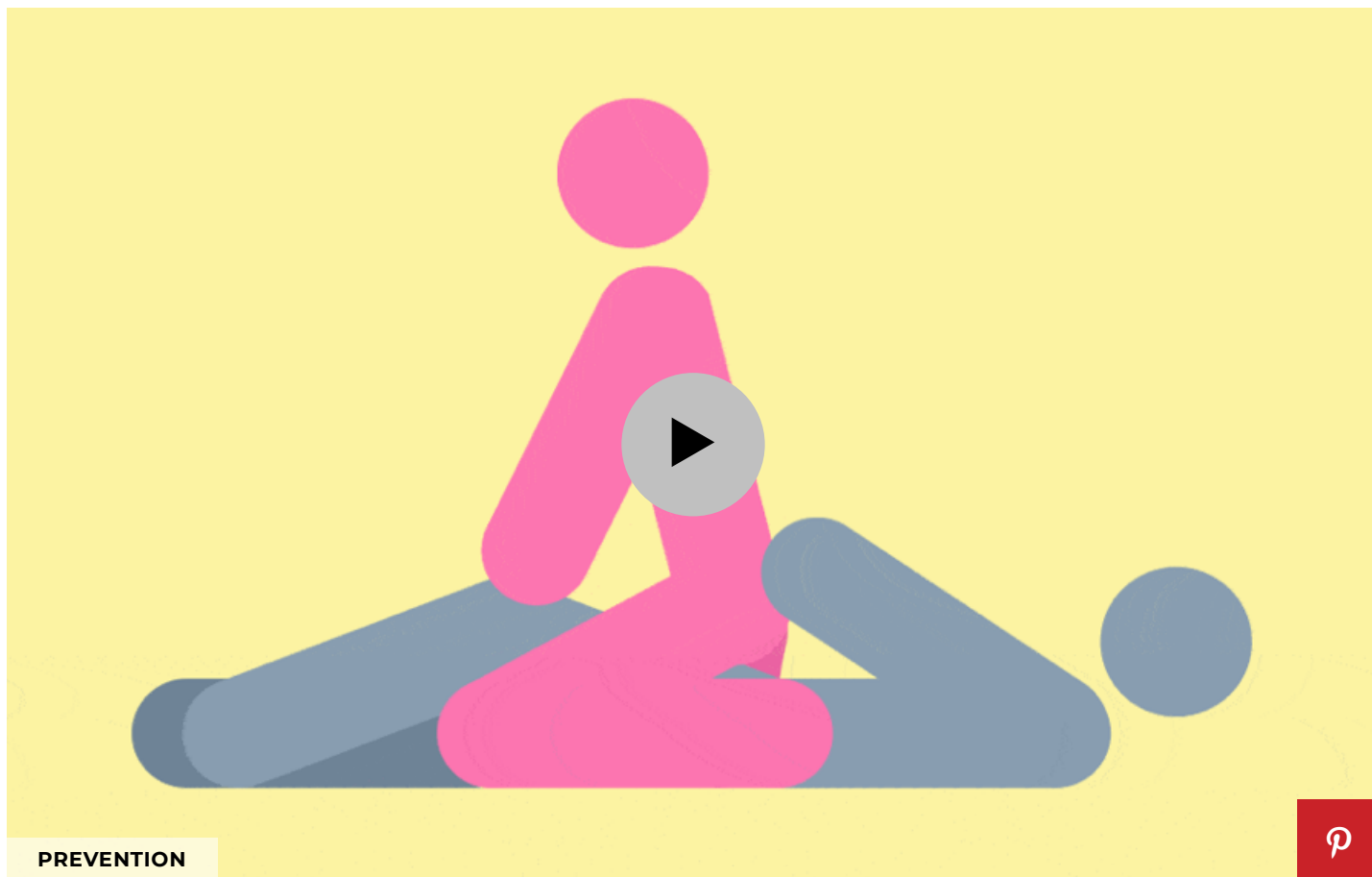
10 Sex Positions To Try If You're Sick Of Missionary—And You Don't Need To Be An Athlete To Pull Them Off

By [Ronnie Koenig](#) Mar 17, 2017



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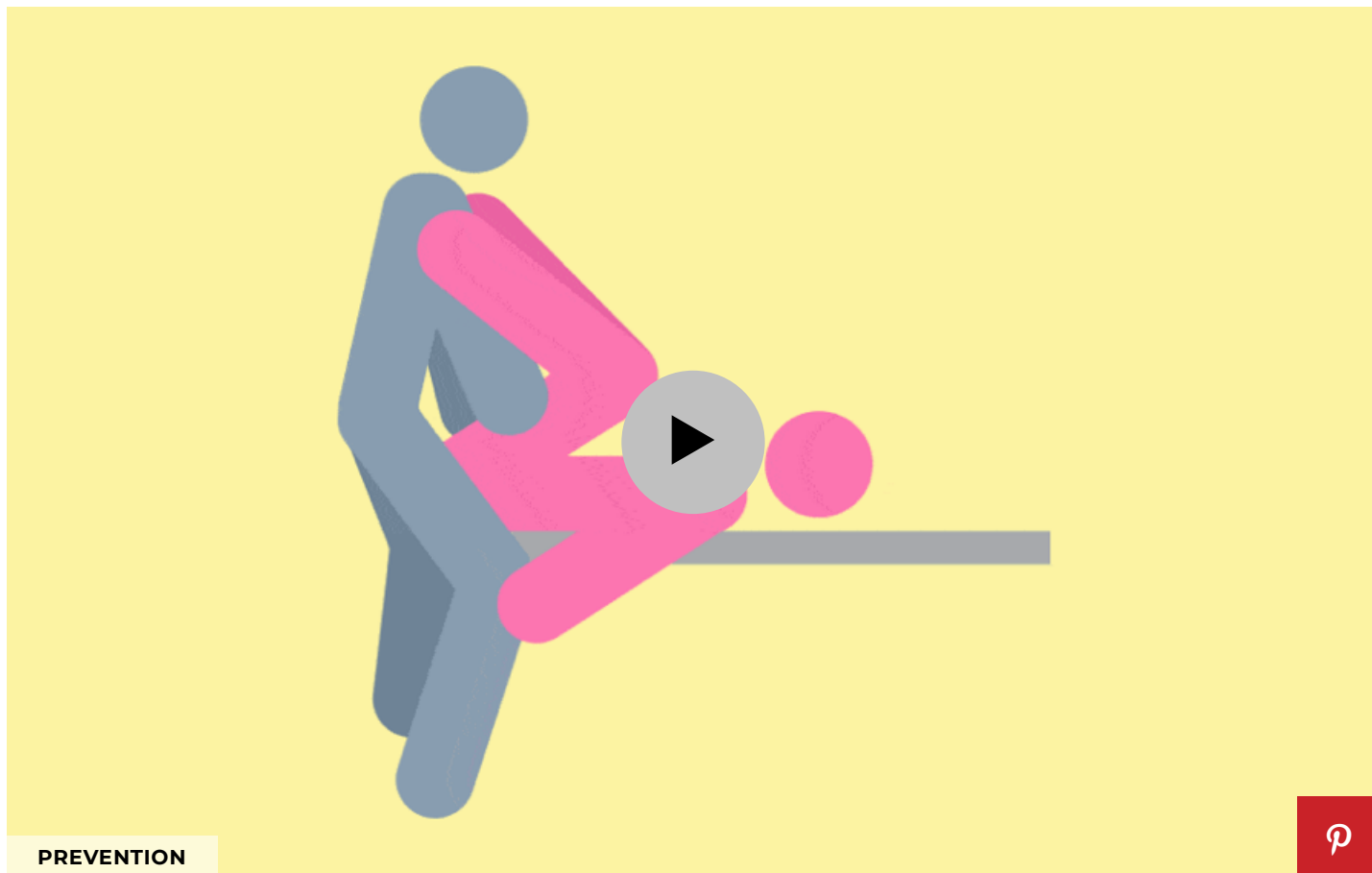
There's more to life than missionary! If you're experiencing boredom in the bedroom, sometimes simply [changing positions can be enough](#) to make things between you and your partner feel electric again. Don't worry: We're not asking you to perform any acrobatics or swing from the chandeliers. These alternative positions are all totally doable—and totally hot.

1 of 10

Reverse cowgirl

Get on top of him, but face the other way for a fresh spin on the woman on top position. Not only will he have a sexy view of your derriere, you'll be in a [great position](#) to watch yourself in the mirror—if you're into that. "You both get to enjoy a different angle as she can sit up or lay parallel to his legs," says [Kat Van Kirk, PhD](#), an AASECT certified sex therapist and the resident relationship expert at [Adam and Eve](#).

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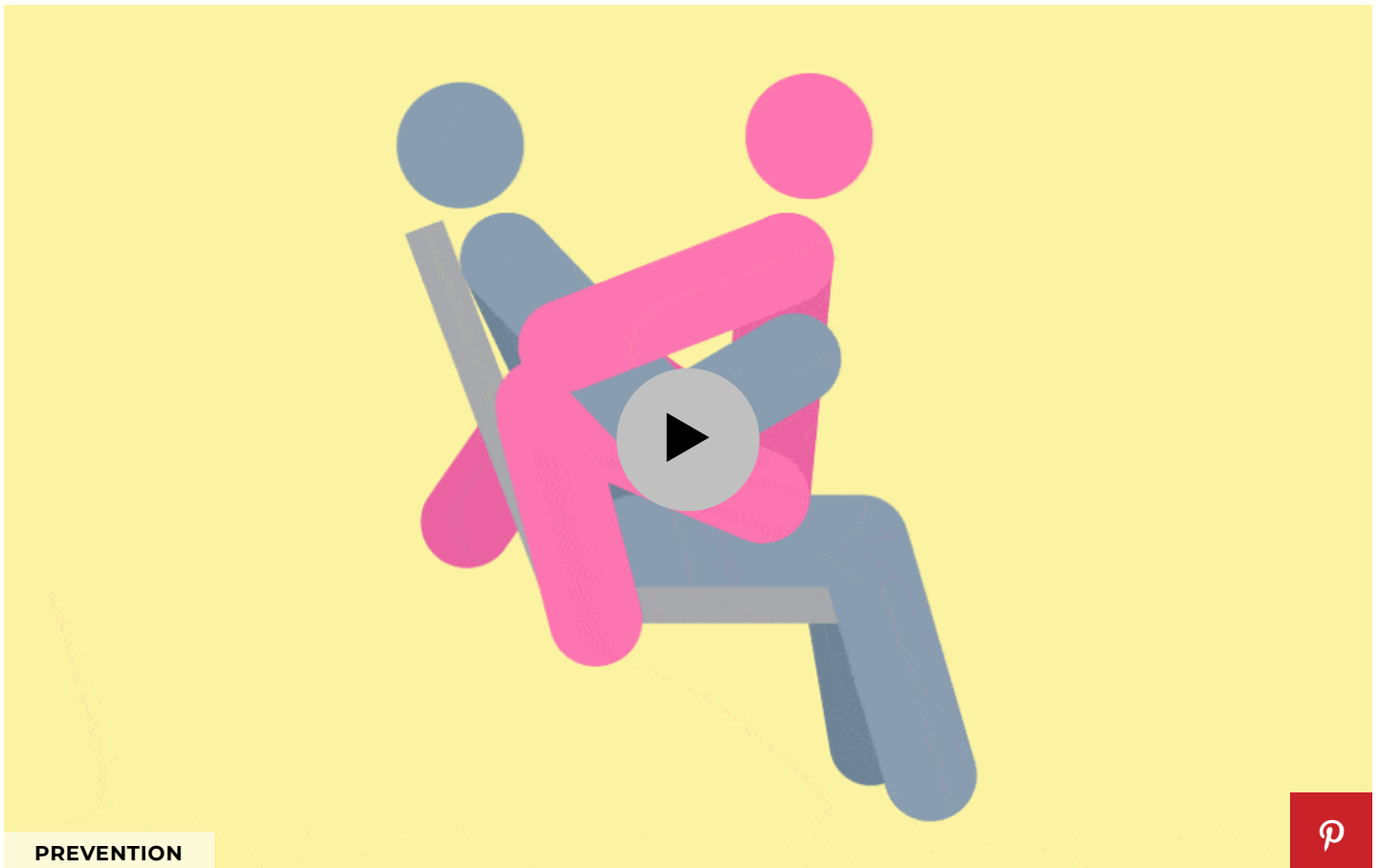
Edge of the bed

"This easy position can create more penetration angles as she opens and closes her legs, plus the [clitoris is ready and available for stimulation](#)," says Dr. Kat. Simply lie down on the bed and have your man stand at the edge of it. He's in control of the movement and you're there to enjoy the ride. (Here's [how to tell your partner exactly what you want when it comes to sex](#) with advice from Prevention Premium.)

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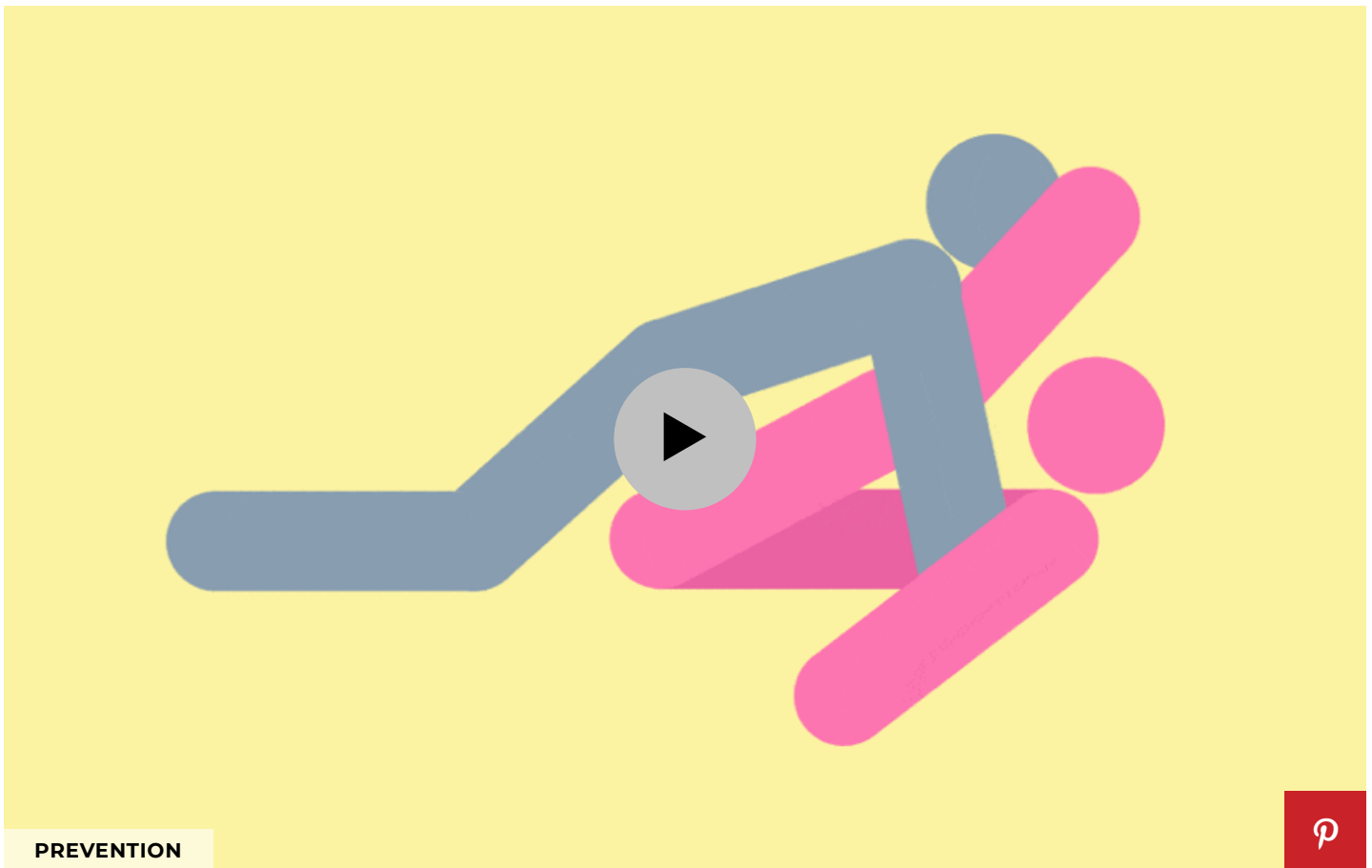


Facing each other

When you sit on top of him in a chair, you will both feel the intensity of looking

directly at each other during such an intimate moment. Or, for an alternate position, "[face away from your partner](#) and you can control thrusting while he holds you in," recommends Dr. Kat. (Get even more intimate with your partner with this remote-controlled [couples massager](#) from Rodale's—there's good reason it's so popular...)

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Legs over shoulders

This position is a simple modification of classic missionary that's easy—but [produces big results!](#) With him on top of you, put your legs over his shoulders and you'll instantly deepen the level of penetration.

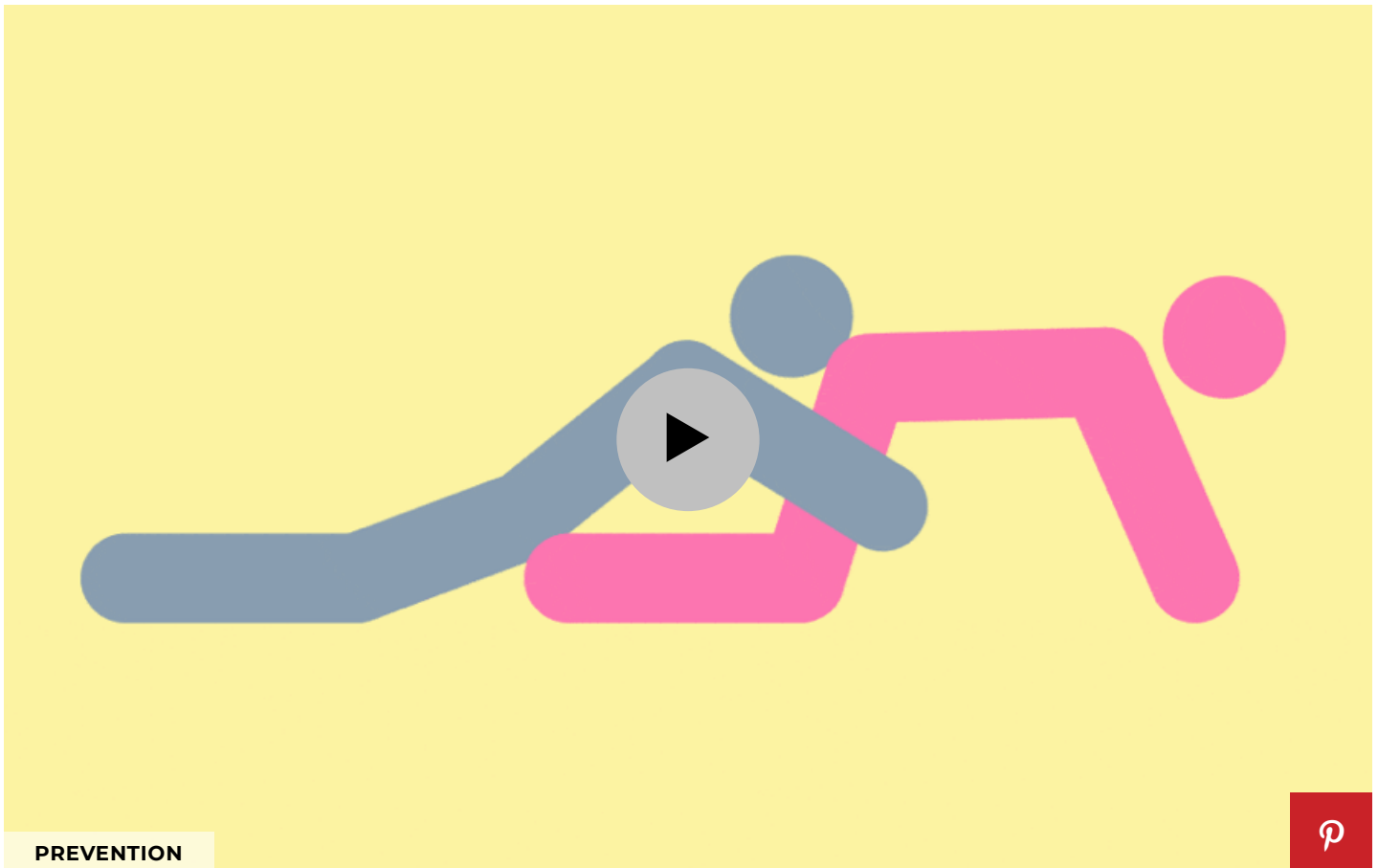
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Backdoor oral

Next time you get in doggy-style position, switch things up by letting him

pleasure you from behind with his mouth. For another variation, simply lie down on your stomach, prop your hips up by putting a pillow under them and let him go to town.

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Sitting pretty

Sometimes, including your partner in your [self-love session can be extremely hot](#)—even if all he gets to do is watch. Try sitting in his lap facing away from him while you touch yourself. You can let him help out—or not. (And you can help yourself out with [this vibrating wand](#) from Rodale's that comes with 10 functions of vibration, pulsation, and escalation.)

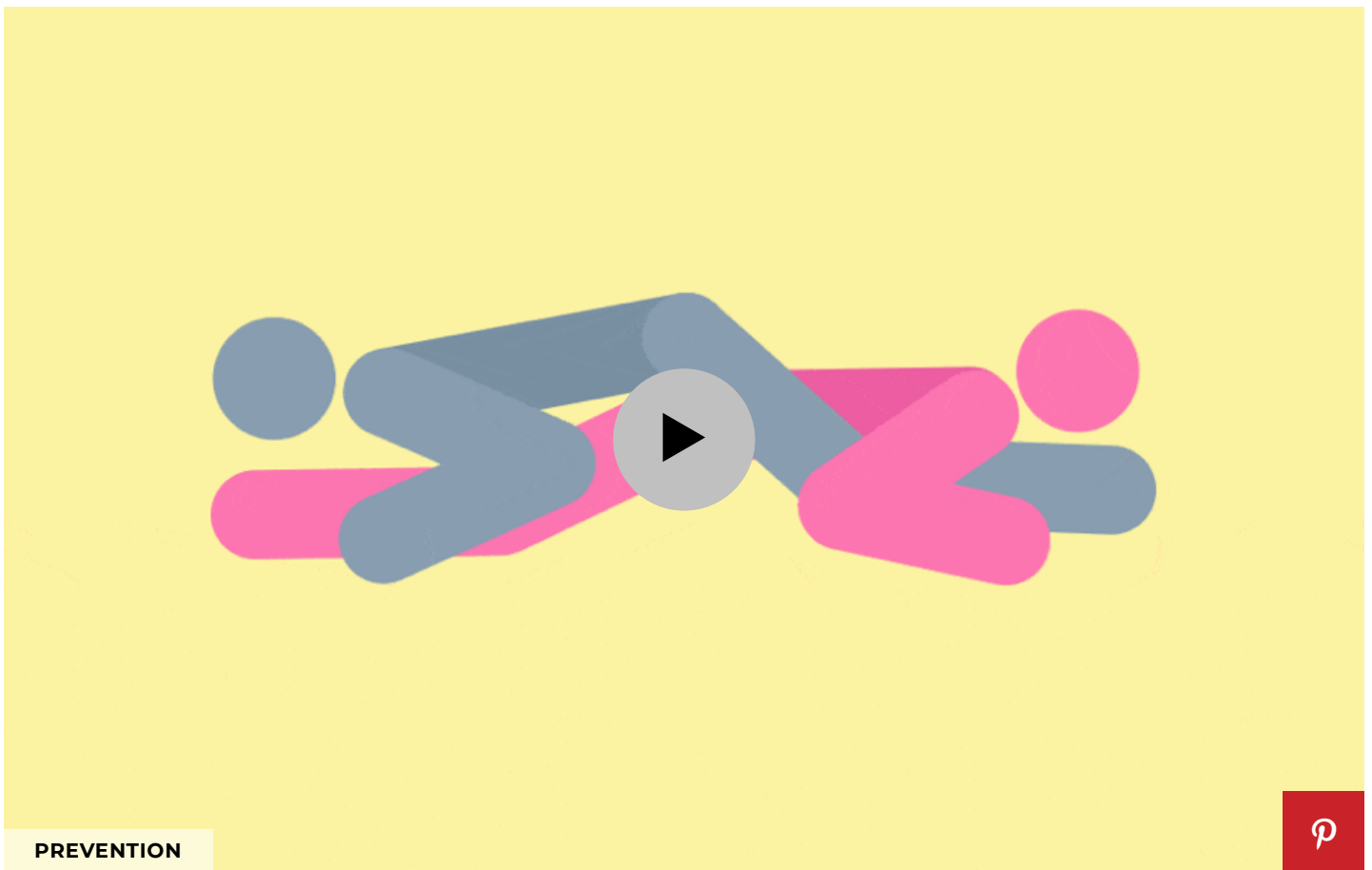
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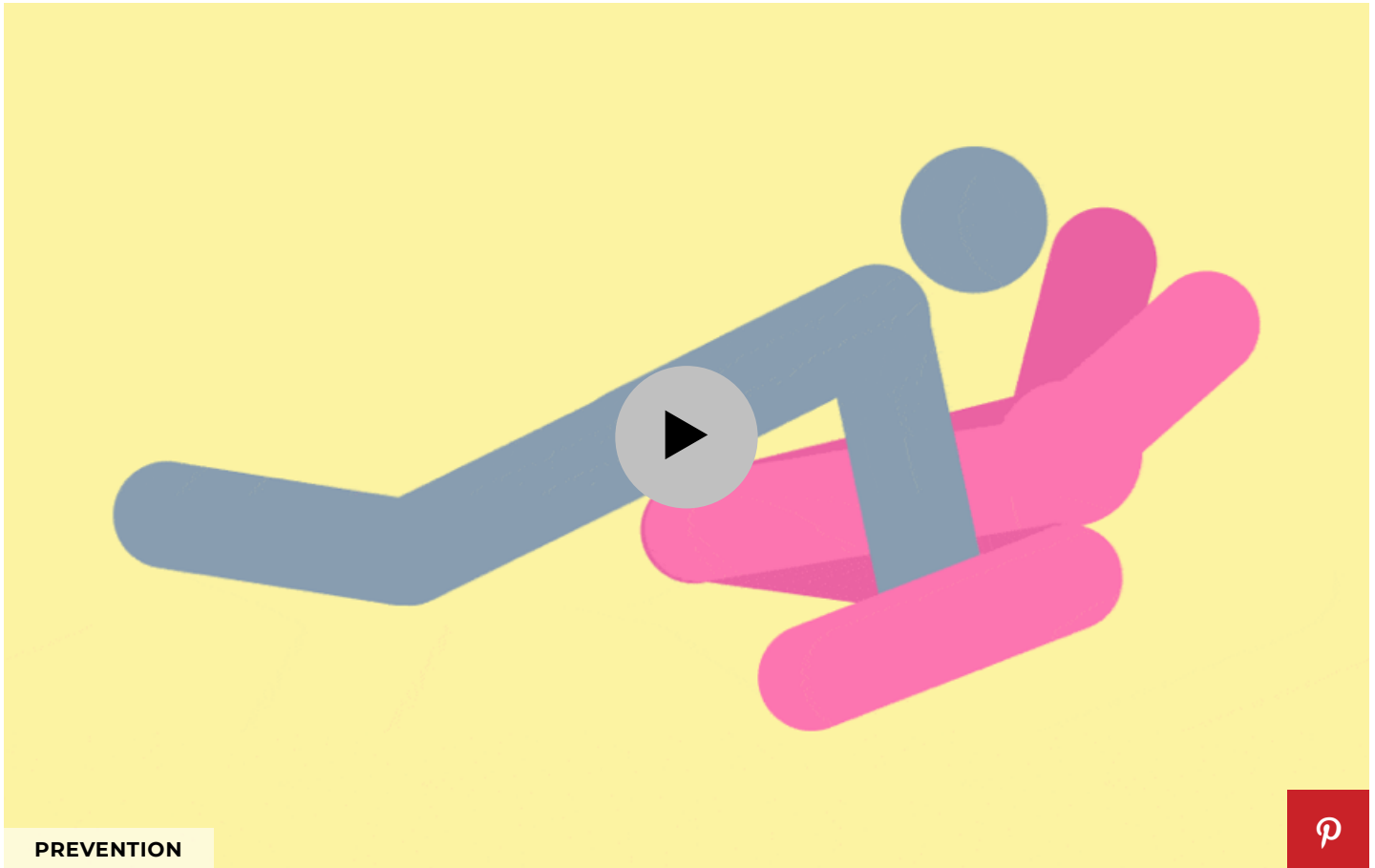
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Legs for days

This position is great when you're ready for a totally new perspective on each other's bodies. Lying on your stomach, have him lie on top of you, facing your feet. As he enters you, he can kiss and caress your legs and feet.

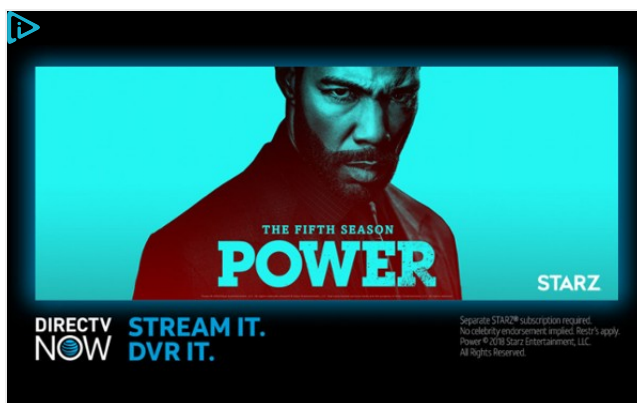
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Seashell

For a sex session that's completely open, this position can't be beat. You're lying on your back, just like in missionary, except tonight, try bringing your legs up onto his chest (and if you can, cross your ankles behind your head for added tension). This is a great one for when you want to experience very deep penetration (can't hurt to limber up first with these [4 stretches that boost your sex life](#)).

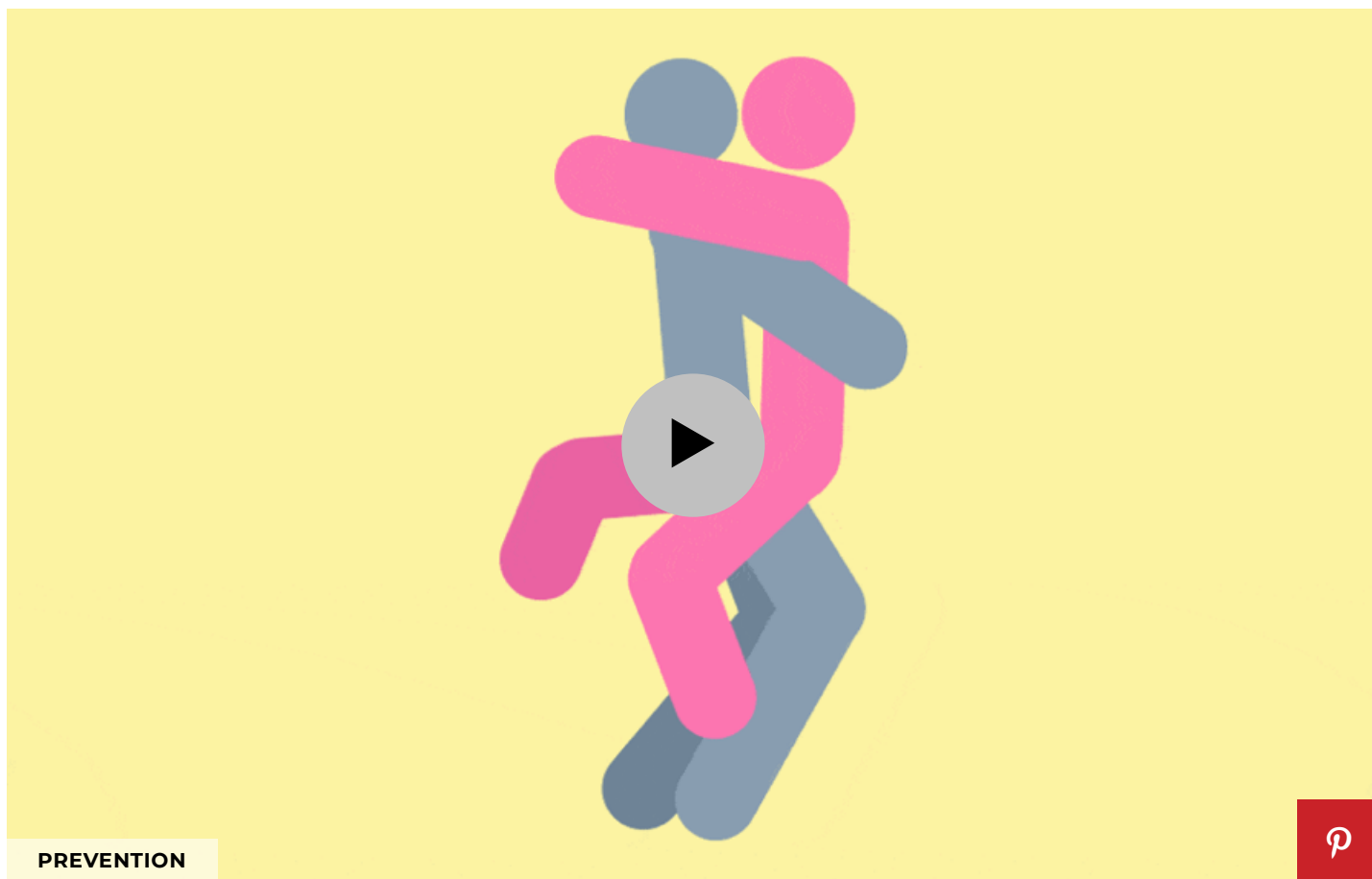
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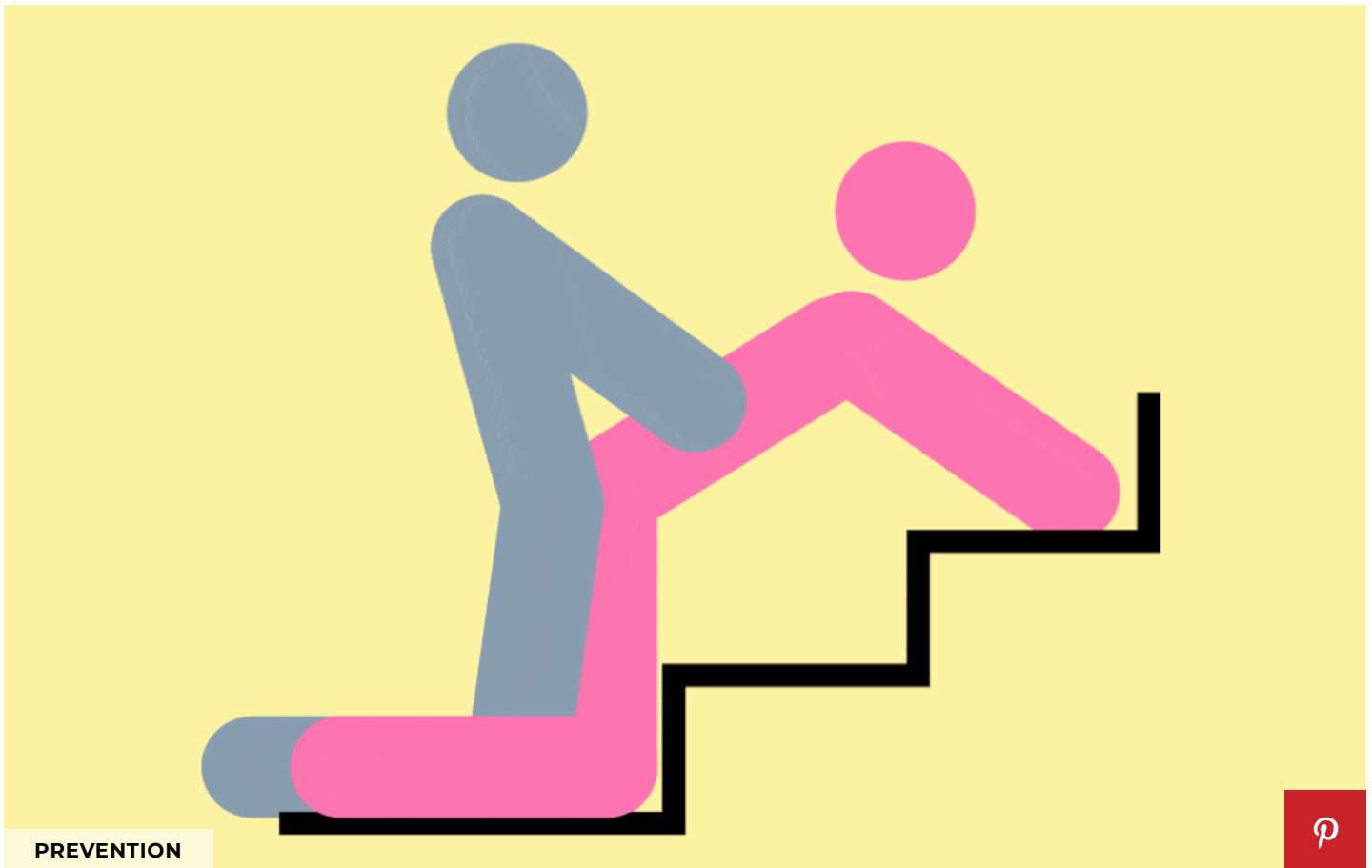
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Standing ovation

Although this position does require significant strength on his part, it's definitely worth the effort. Face your partner as he's standing, then wrap your legs around his waist. "This position allows you to grind on him in between his held thrusts," says Dr. Kat. If you need to take a break don't stop the action—instead, have him push you up against the wall. (Try this [30-day challenge for a hotter, more satisfying sex life.](#))

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Stairmaster

There's nothing sexier than doing it somewhere other than the bed, and doing it on the staircase with him behind you is definitely the [antidote to boring ol'](#)

missionary. Be sure to take advantage of the incline for a great angle, and hold onto the banister for support—if he's doing it right, you'll need it!

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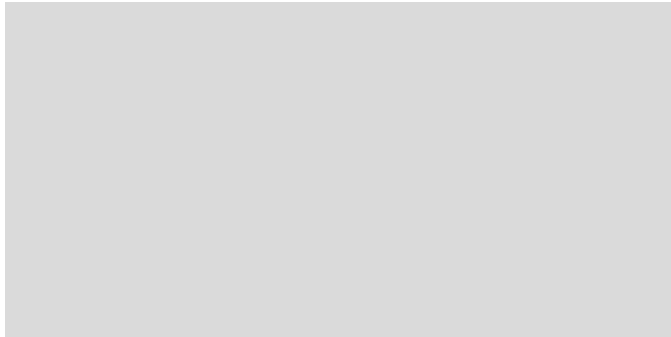


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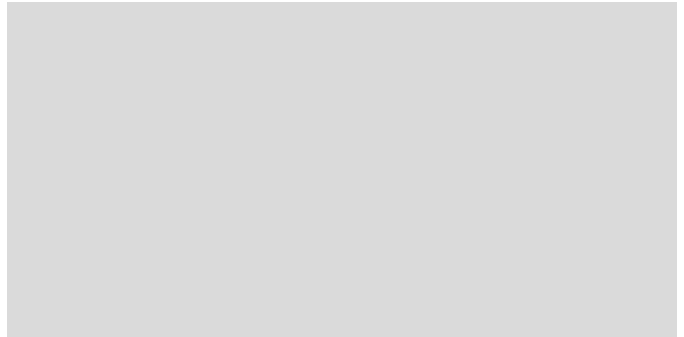
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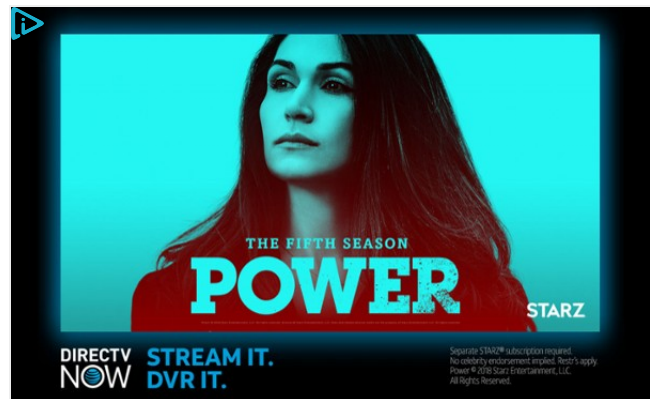


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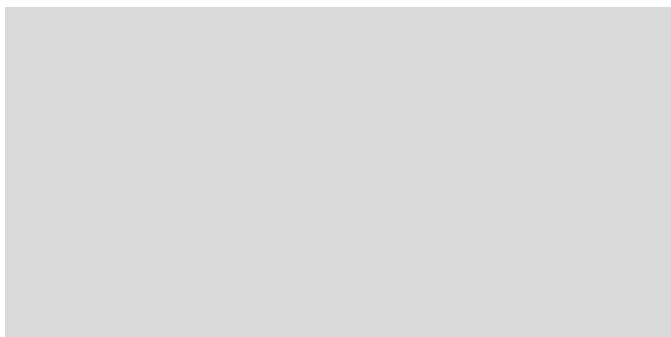
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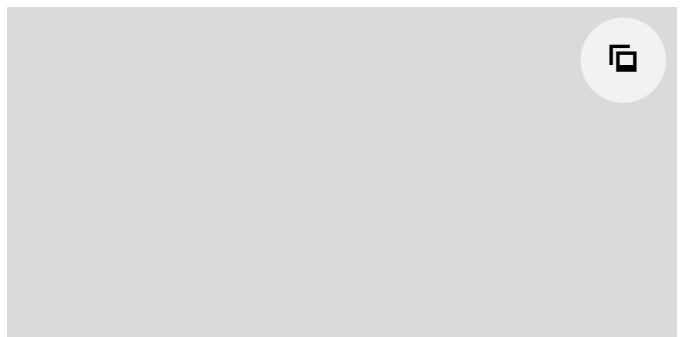


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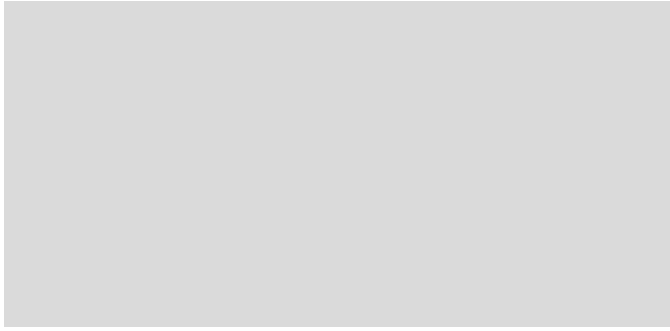
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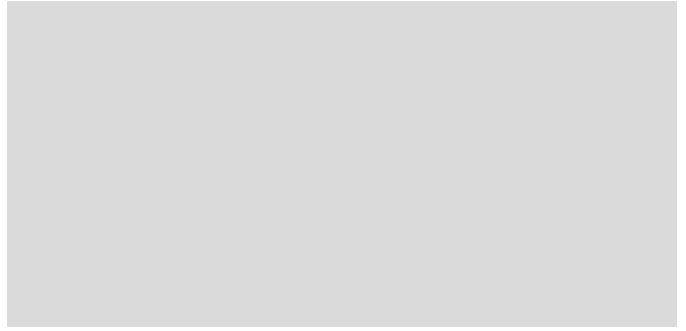
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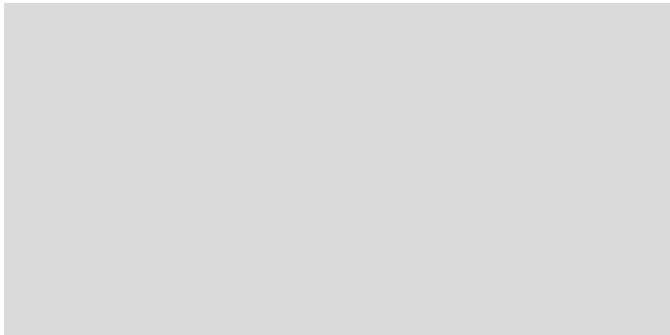
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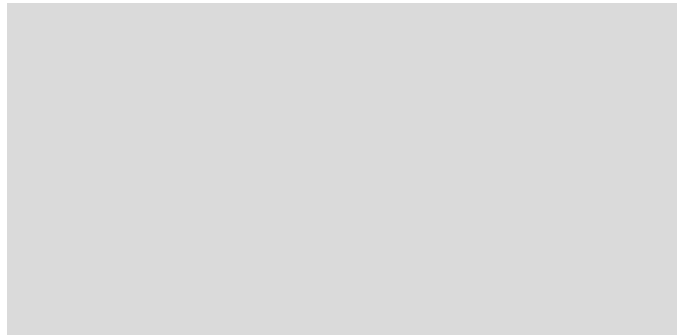
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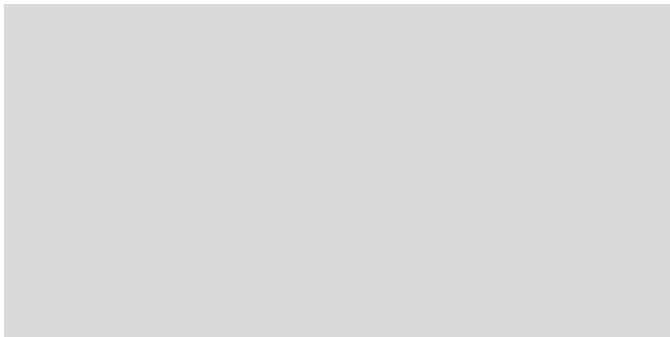
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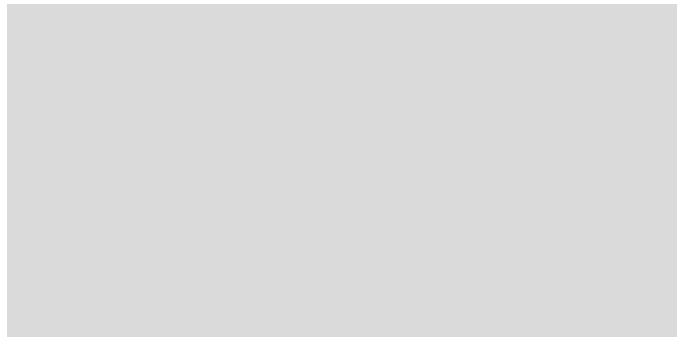
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